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STAR POWER
PAULA ABDUL BUSTS A MOVE FOR BREAST HEALTH {page 4}



MARRIAGE, TAKE TWO WITHERSPOON WEDS AGENT

{page 12}



HALIFAX

metro

Monday, March 28, 2011
www.metronews.ca

News worth sharing.



\$1,000 Caller

Every weekday morning at 7:15!

Winner.

Meaghan Smith poses for photographers after winning the best new artist award at the Junos in Toronto last night.

CHRIS YOUNG/THE CANADIAN PRESS

An oval big debate for council

More than \$1M in corporate donations committed to keep 'people's oval' open Staff report notes some bad effects of it staying, including loss of 1 baseball diamond

The lobby to maintain the Canada Games' oval as a permanent fixture on the Halifax Common could take another stride forward this week.

Halifax regional council will receive a report tomorrow from the long-term arena strategy committee recommending maintaining the skating oval on the North Common site. Councillors will also consider a staff report that shows the cost of the oval to be less than the cost of maintaining the municipality's beaches during the shorter summer season.

The committee report was initially scheduled to be released this summer, but the process was accelerated due to strong public support for maintaining the site.

It recommends the oval be maintained, pending design and budgetary considerations.

"Given the overwhelming response to the oval ... the steering committee requested from HRM staff additional information on the other site options for the oval," reads the report.

"After consideration of all the known information at this time, the committee concluded a recommendation should go forward indicating that Regional Council

"Hopefully, in light of all the corporate support, and the continued public support, it will convince the city to keep the oval."

BRIAN HARRIMAN, VP ATLANTIC OF MOLSON COORS

should consider keeping (the oval) on the Halifax commons subject to due diligence on design and budget availability."

The staff report puts the overall operating costs for a 90-day season at \$410,000. In addition, a \$125,000 consultant's report is required, as well as \$4.29 million in capital costs for 2011-12.

The private fundraising efforts to secure the oval scored another large donation over the weekend. Emera, the parent company of Nova Scotia Power, pledged \$500,000 to the Save the Oval Association, bringing total corporate donations to the \$1-million mark.

Molson Coors Canada has already committed \$400,000, while an additional \$100,000 commitment has been made by the 1990 World Figure Skating Championships Legacy Fund.

ALEX BOUTILIER

Haligonian shines at the Junos

Singer-songwriter Meaghan Smith won the best new artist Juno for her 2010 debut record, *The Cricket's Orchestra*. Smith beat out four other artists to capture the award. See story, page 11.

Tories insist on coalition threat

But Duceppe says Harper's campaign 'rests on a lie' {page 8}

Mooseheads 'implode'

Halifax faces big hole after the weekend {page 20}

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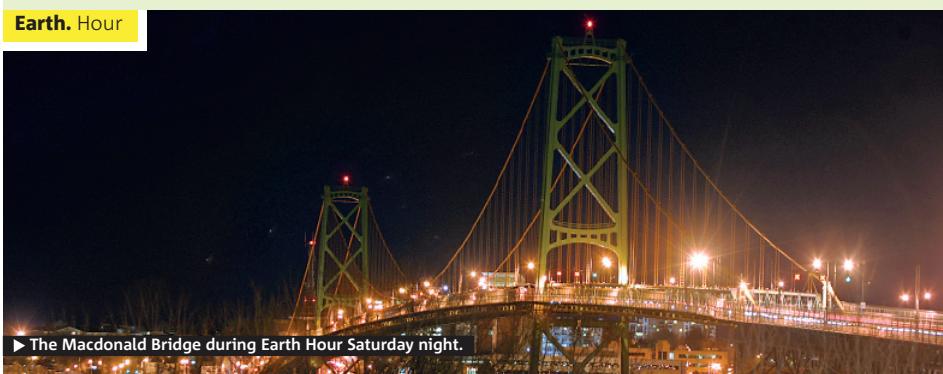
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Earth. Hour



Protesters support uprising in Syria

Chants of "Bashar has to go" and "no more killing" could be heard as about 40 protesters displayed their anger towards the Syria government outside the Spring Garden Road public library yesterday afternoon.

"We have to get rid of that whole regime," said protest organizer Mohammad Mansor, a Syrian living in Halifax.

People of all ages attended the protest, holding Syrian flags and signs conveying their opinions on President Bashar Assad and the violence occurring in the country.

"We want the whole system out of power, not just him," Mansor said in an interview. "He's just a symptom of the problem. He's not the only problem."

Syria was hit by an unprecedented nationwide outbreak of protest and dissent in the past week, which recently exploded as security forces opened fire on demonstrators leading to dozens of deaths.

Protesters were also calling on the Canadian government to condemn the violence.

• LAURA WARREN

PHILIP CROUCHER/METRO

1 news



Greens ride anti-nuclear energy wave to historic victory in German elections. Scan code for story.

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3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca

A court decision changes how immigration officials handle "poison pen" letters.

Guildy Mamann has more at metronews.ca/immigration

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An hour in the dark sparks megawatt savings

Nova Scotia Power says there was an 18-megawatt reduction in power consumption during Saturday's Earth Hour, representing the equivalent of turning off more than 1.4 million 13-watt compact fluorescent light bulbs.

Breach of code confidential

► Third party 'integrity commissioner' option not recommended ► Ethics report submitted by acting CAO who resigned over concert funding scandal

 **ALEX BOUTILIER**
@METRONEWS.CA

The municipality's administrative committee will consider enabling council to sanction members who breach the code of conduct for elected officials today.

The report, submitted in January by then-acting CAO Wayne Anstey and deputy CAO Mike Labrecque, was written to clarify the implementation of the code of conduct, adopted by council May 26, 2009.

It recommends councillors attempt to resolve disputes among themselves first, while explaining the mechanisms of complaints should that not be possible.

"If disputes or issues

cannot be resolved at the informal level any member of council may submit a 'notice of complaint' in confidence ... to the mayor," reads the report.

"If the complaint involves the mayor 'notice' may be made through another member of council's administrative standing committee."

The report repeatedly stresses the entire process should be conducted privately.

"Under no circumstances will an allegation of breach of the Code of Conduct be discussed or disclosed during a public committee or council meeting, nor the circumstances surrounding the allegations be disclosed publicly."

"That's not my understanding, but again I haven't finished thorough-

Code highlights

Some of what the Code of Conduct for Elected Officials, adopted in 2009, states:

- Adhere to all bylaws, as well as all provincial and federal laws.

- Respect the decision-making process of council, allow the mayor to speak for council's decision.
- Refuse any gifts from vendors, developers, or family of same.
- Do not leak any confidential documents to the media or the public.

Any resulting sanctions will also be determined behind closed doors. That means a complaint could be launched, a councillor found in breach of their own code of conduct, and subsequently reprimanded without the knowledge of voters.

"That's not my understanding, but again I haven't finished thorough-

ly reading the document yet," Mayor Peter Kelly, who chairs the administrative committee, said yesterday.

Kelly said he presumes if any councillor found in breach of the code, that information would be released publicly.

Metro Halifax could find no such indication in the report.

Join your community in the fight against cancer.

Every year, friends, family and colleagues across Nova Scotia come together at the Canadian Cancer Society Relay For Life to celebrate cancer survivors, remember lost loved ones and fight back against cancer. We need you to join the fight too!

Register for your local Relay For Life at cancer.ca/relay

There are 22 Relay For Life events taking place across Nova Scotia in June. Your local HRM events are:

HALIFAX, JUNE 3
Halifax Commons

THE BAY (TANTallon), JUNE 4
Sir John A MacDonald High School

EAST HANTS, JUNE 10
Enfield/Elmsdale District Lions Club

SACKVILLE, JUNE 10
Metropolitan Field

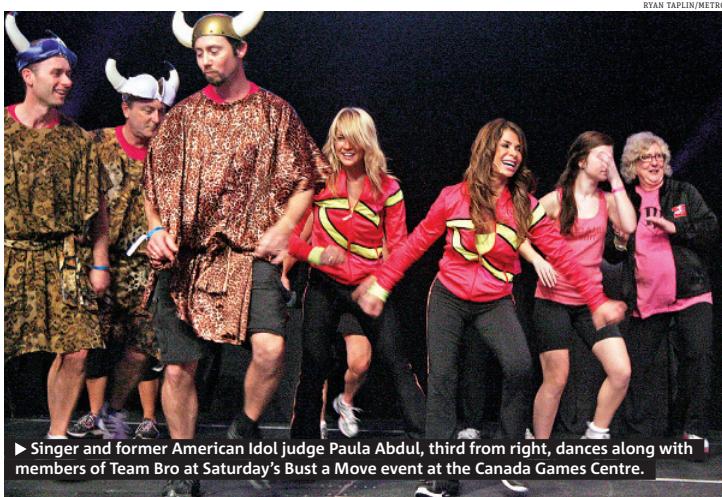
EASTERN SHORE, JUNE 17
Eastern Shore Community Centre, Musquodobit Harbour

DARTMOUTH, JUNE 24
CFB Shearwater

RELAY FOR LIFE
RELAIS POUR LA VIE
Canadian Cancer Society
Société canadienne du cancer



celebrate remember fight back



Teen sweats it out to raise cash for breast health

► Bust a Move fundraiser collects \$863,000 ► Money goes to integrated breast health services at IWK Health Centre ► Event attracted 830 participants

Most teenage girls worry about friends, the latest in fashion and being on time for class.

This wasn't the case for Dartmouth's Jennifer Aucoin.

Last year, the then-15-year-old found a lump on her breast.

"It was scary," Aucoin said, tears in her eyes. "I really didn't think that you could get breast cancer of any sort at this age."

Luckily, the lump turned out to be a non-threatening tumour and was removed at the IWK Health Centre in the fall.

Shortly after having it re-

"It's a blessing and an honour to be here. Everyone has been phenomenal. Thank you so much."

PAULA ABDUL

moved, Aucoin learned about the Bust a Move for Breast Health fundraiser and immediately signed up.

"I found out it was on my 16th birthday, and you have to be 16 to sign up, so it felt like fate," she said after Saturday's six-hour exercise event at the Canada Games Centre.

After the sweating was done, Aucoin was invited onstage to be recognized as the youngest person participating. She also received a hug from the event's star fitness instructor, Paula Abdul.

"Her routine was really fun. It was hard work," Aucoin said about Abdul's one-hour workout.

Aucoin and her team of relatives — titled the Screaming Eagles — raised \$5,000.

"We'll be back next year," she said. "We're going to make this a tradition."

● LAURA WARREN

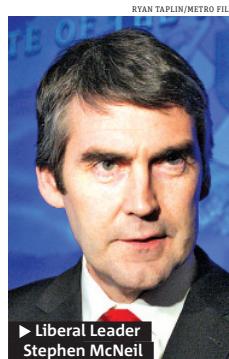
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Opposition pounces on 2% hike in user fees



The Liberals and Conservatives have denounced a move by the Nova Scotia government to hike user fees, calling it the equivalent of another tax increase.

The NDP government announced Friday a two per cent increase in user fees, effective April 1, will generate about \$3.4 million in additional revenue. The increase will apply to most fees for services, licensing and regulatory functions by departments.

Fees for government

service organizations, such as school boards and health authorities, are not affected.

Liberal Leader Stephen McNeil said the increase is "nothing more than another NDP tax hike," noting that it follows an earlier increase in the HST of two percentage points.

Tory Leader Jamie Baillie called the increases "another hardship" for families already struggling with other rising costs.

THE CANADIAN PRESS

NDP unveils gambling strategy

A moratorium on new video lottery terminals will be maintained and players will need a monitoring card to use the machines under the Nova Scotia government's new gambling strategy released Friday.

Dave Wilson, the minister responsible for the Gaming Act, said the measures were part of a "balanced approach" to regulated gambling in the province.

Wilson said the MyPlay

system would also be made mandatory for all VLT users by April 1, 2012, in an effort to limit excessive play.

The system allows users to set spending limits and track their wins and losses.

THE CANADIAN PRESS

Arrest in alleged sex assaults

A 22-year-old man is due in court today after police say three women were sexually assaulted in separate incidents in downtown Dartmouth Saturday morning.

All three alleged incidents took place around 7:30 a.m.

Police say the victims were either running or walking in the downtown core when they were approached by a man and touched sexually.

Police were called and the suspect was arrested.

● METRO

News in brief

Correction

DEVELOPER. In the March 25 story Salter Side May Be Back on the Block, developer Ralph Medjuck met with the Waterfront Development Corporation Thursday, not Friday, as reported. ● METRO

Trio sought in home invasion

CRIME. Police are looking for three suspects after two people said they were ordered to the floor in their home by gun-toting burglars wearing masks.

Officers were called to a home on the 6100 block of Jubilee Road just after 9 p.m. Saturday.

THE CANADIAN PRESS

Woman hurt in dog attack

INJURED. A Yarmouth woman is in hospital in serious condition after a dog attacked her.

The incident occurred Saturday around 5 p.m., when the woman apparently walked into a house and was confronted by the dog. Police say the dog kept attacking her even after she fled outside.

RCMP Sgt. Kevin Surette said the dog was later destroyed.

THE CANADIAN PRESS

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The treatment separates the spinal joints to take pressure off the discs and nerves. The three phases at CDPC include Spinal Decompression, Oxygen Enhancement (for patient relaxation), and a Nutritional phase. The full procedure is performed simultaneously during a patient's treatment. More information is available at www.cdpc.info.

Does it Work?

The treatment is **extremely** effective, especially for chronic problems. Everyone responds differently. However, generally patients notice a difference within a few treatments.

What do I do next?

Come in for an initial consultation or assessment. Any previous MRI, CT, x-ray reports would be helpful. If it is determined spinal decompression can help you, you will be given your recommendations for care. You can then decide when and if you would like to start care. There are **no obligations**.

Three years ago it was the most difficult discussion I had with a back specialist who advised that the only way to relieve my back pain was to have surgery to correct a herniated disc. During this time I came across an advertisement for CDPC. "Today I am able to move around and live my life pain free." I am still continuing decompression treatments once every month to maintain an active lifestyle. I would 100% recommend this to anyone facing surgery to try.
- Rookmin D.

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Libyan oil centres fall to rebel forces

► NATO airstrikes have crippled Gadhafi ► Opposition fighters able to advance west less than two weeks after they seemed on the brink of defeat

Qatar

Now that they have the oil, the rebels are making tentative plans to exploit Libya's most valuable natural resource.

- Production is at a trickle, the foreign oil workers and their vital expertise have fled the country, and even talk of a marketing deal with Qatar seems murky at best.
- The agreement with the tiny Gulf nation of Qatar could allow the rebels to exploit Libya's vast oil reserves — most of which are in the territory they control.
- Qatar is the only Arab country known to have actively joined with the international force.

Libyan rebels regained two key oil complexes in a high-speed advance west on Libya's coast yesterday, retracing the steps of their first march toward the capital with their path cleared by the world's most powerful air force.

On the eastern approach

of Ras Lanouf, airstrikes hit three empty tank transporters and left two buildings that appeared to be sleeping quarters pockmarked with shrapnel. As at the oil port of Brega and the city of Ajdabiya before it, Gadhafi's troops appear to have left in a hurry, abandoning ammunition and disappearing without a fight.

The Gadhafi regime on Saturday acknowledged the airstrikes had forced its troops to retreat and accused international forces of choosing sides.

THE ASSOCIATED PRESS

LIBYAN WOMAN SETS OFF HOTEL MELEE

A distraught Libyan woman stormed into a Tripoli hotel Saturday to tell foreign reporters that government troops raped her, setting off a brawl when hotel staff and government minders tried to detain her.

Iman al-Obeidi was tackled by waitresses and gov-

ernment minders as she sat telling her story to journalists after she rushed into the restaurant at the Rixos hotel, where a number of foreign journalists were eating breakfast.

As al-Obeidi spoke, a hotel waitress brandished a butter knife, a government minder reached for his

handgun and another waitress pulled a jacket tightly over her head.

It soon turned into a scene of chaos, with journalists attempting to protect the woman from government minders who physically attacked and intimidated her.

THE ASSOCIATED PRESS

Japan. Keeping warm



► Evacuees forced to leave their homes because of the crisis at the Fukushima Dai-ichi nuclear power plant circle a bonfire fueled with wooden sandals that Buddhist monks donated in Ishinomaki, northeastern Japan, yesterday.

KYODO NEWS/THE ASSOCIATED PRESS

Misreading radiation

Emergency workers struggling to pump contaminated water from Japan's stricken nuclear complex fled from one of the troubled reactors yesterday after reporting a huge increase in radioactivity — a spike that officials later apologetically said was inaccurate.

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	Village Centre, 936 Bedford Hwy.
New Glasgow	263 Jury St.
New Minas	County Fair Mall
Port Hawkesbury	Port Hawkesbury Shopping Centre
Sackville	799 Sackville Dr.
Sydney	Mayflower Mall
	337 Welton St.
Truro	Truro Mall
Windor	Fort Edward Mall
Yarmouth	Yarmouth Mall

NEWFOUNDLAND LABRADOR

Carbonear	Trinity Conception Square
Clarenville	Random Square Mall
Corner Brook	Corner Brook Plaza
Gander	Valley Mall
Gander	Gander Mall
Grand Falls-Windsor	Exploits Valley Mall
Marystown	Peninsula Mall
St. John's/Mount Pearl	The Village Shopping Centre
	336 Freshwater Rd.
	55 Kelsey Dr.
	35 Stavanger Dr.

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Campbellton	Sugarloaf Mall
Edmundston	Place L'Assomption
Fredericton	Regent Mall
Grand Falls	1211 Prospect St.
Miramichi	Grand Falls Shopping Centre
Mirropoix	Bridgeview Plaza
Moncton	Wheeler Park Power Centre
	Champlain Place
	Lounsbury Plaza
Saint John	McAllister Place
Shippagan	242 Boul. J.D. Gauthier
Tracadie-Sheila	3379 rue Principale

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Charlottetown	Charlottetown Mall
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Summerside	County Fair Mall

Duceppe bares teeth in televised address

► Tories insist on alliance threat, despite denial from opposition ► Duceppe calls out Harper for hypocrisy



Stephen Harper appears determined to campaign against the notion of a coalition threat that his Liberal opponent has explicitly ruled out.

But the Conservative prime minister is getting a rough ride from Bloc Québécois Leader Gilles Duceppe, who says Harper is rewriting his own history on the issue.

"He wants this entire campaign to rest on a lie," Duceppe said yesterday.

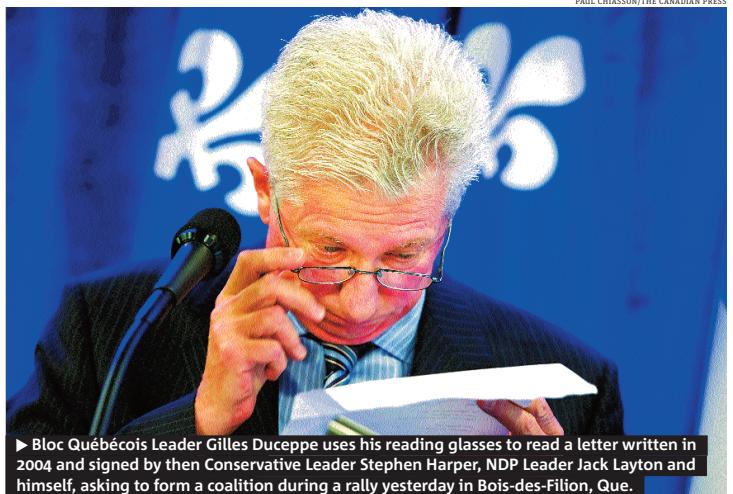
Key dates:

- **March 26:** Governor General dissolved Parliament, launching election campaign.
- **April 11:** Deadline for nominations in the 308 ridings.
- **April 22, 23, 25:** Advance voting days.
- **April 26:** Last day to apply for a special ballot to vote in advance by mail or in person at an Elections Canada office.
- **May 2:** Voting day, following a 36-day campaign.

morning during a fiery, televised rant in Montreal.

Liberal Leader Michael Ignatieff, campaigning in Montreal, said "Harper has a problem with democracy."

A day earlier, Ignatieff had ruled out forming a coalition government and insisted that the party winning the most seats gets the chance to form government. But the Conservatives nonetheless are using the prospect of a united opposition overthrow to make a pitch for a majority of seats in the House of Commons. **THE CANADIAN PRESS**



PAUL CHIASSON/THE CANADIAN PRESS

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May 13–Oct. 23	Cape Chignecto
June 10–Sept. 12	Mira River
June 17–Sept. 5	Valleyview
June 17–Sept. 12	Battery, Boylston, Salsman
June 17–Sept. 26	Smileys
June 17–Oct. 10	Amherst Shore, Caribou, Dollar Lake
June 29–Sept. 5	Laurie
July 15–Oct. 17	Whycocomagh

Battle for suburbia: HST key issue in B.C.

NDP Leader Jack Layton is joining the election campaign's three-way fight for the suburban vote.

He's spending his second campaign day in Surrey, B.C., just outside Vancouver, where he hopes the NDP can gain a seat.

Layton is hoping to revive the anger many British Columbians felt about the provincial and federal governments imposing the Harmonized Sales Tax.

"New Democrats were

first or second to the Conservatives in two-thirds of B.C. ridings," Layton told a town hall meeting. "And that was before every single Conservative MP voted Yes to the HST."

All three parties are dotting on the suburbs, partly because suburban populations are growing and changing so quickly that political opinions are in flux and many seats are up for grabs.

THE CANADIAN PRESS

Another quake hits Japan

A magnitude-6.5 earthquake shook eastern Japan off the quake-ravaged coast Monday morning, local time, the U.S. Geological Survey reported, prompting Japan to issue a tsunami alert.

There were no immediate reports of damage, but the Japan Meteorological Agency announced that a tsunami of up to half a metre may wash into Miyagi prefecture.

The U.S. Pacific Tsunami Warning Center said no wave was expected in Hawaii or on the U.S. West Coast.

THE ASSOCIATED PRESS

Canadian killed near Kandahar

Another Canadian soldier has been killed in Afghanistan.

Cpl. Yannick Scherrer was on a foot patrol yesterday near Nakhonay, southwest of Kandahar city, when he was killed by an improvised explosive device.

The 24-year-old Montreal native was on his first tour in the country.

The latest death brings to 155 the total number of Canadian military who have died in the Afghan mission.

THE CANADIAN PRESS

RIM readies for PlayBook debut

But low-key promotion strategy has even fans worried about problems with the device

The release of Research In Motion's PlayBook could be "the most significant development" for the company since the launch of its first BlackBerry in 1999, co-CEO Jim Balsillie says.

But will consumers glance up from their iPads for even a second to give it a chance?

Buzz for the PlayBook was palpable when the tablet was announced late last September. But online critics long ago grew weary of the months-long wait for the device. And few expect that even fanatical RIM fans will show their devotion like Apple's customers do — by lining up overnight — when the PlayBook launches April 19.

Balsillie said Thursday

that RIM will be sending demo units to key Fortune 500 customers and has already got "fantastic" feedback.

But investors were less confident after the company released its latest earnings report. RIM stock plummeted more than 10 per cent on Friday.

The fact that it's taken RIM so long to bring its tablet to market also hasn't inspired confidence, says David Soberman of the University of Toronto's Rotman School of Management.

He says RIM's low-key promotion for the PlayBook might reflect an initial focus on its loyal corporate market, with consumers being wooed in the second wave of sales.

Queue for iPad 2

Apple fans across the country hunkered down, some overnight, in long lines Friday to get their hands on the iPad 2.

- At the Eaton Centre in Toronto, Oren Lasko arrived at the Apple store at about 7:30 a.m. Thursday, making his wait for an iPad 2 nearly 36 hours long.
- The tablet didn't go on sale until 5 p.m. Friday.
- Availability for all models is three to four weeks.

"But we still don't really know what they're going to do in the next two or three weeks." **THE CANADIAN PRESS**

Customer Service



► Tom Hargitai ushers a customer through the doors of Holt Renfrew's flagship store on Bloor Street in Toronto. The doorman is being shown the door after 21 years.

ANDREW WALLACE/TORSTAR NEWS SERVICE

Doorman shown the exit

Holt Renfrew customers rallied this weekend to save the job of the beloved doorman of the flagship store in Toronto. For 21 years, Tom Hargitai, 57, was the embodiment of customer service, greeting shoppers and passersby alike with his trademark smile and genuine warmth. Hundreds of entries on Twitter praised Hargitai and called for the luxury retailer to reverse the decision.

HMV to sell Canadian stores?

HMV might sell its 125 Canadian stores to pay off \$204 million in debt accrued as customers have turned to digital downloading. Its British parent company said Friday that it hasn't had any offers yet, but is exploring its strategic options. The music and movie retailer has tried to survive by offering a wider range of products.

"The HMV business in Canada used to be quite profitable. It used to make about six million pounds in profits — that's going back a couple of years. The sad fact is that it's not making any money now," said Nick Bubb, a retail analyst at Arden Partners in London, England.

HMV Canada said it is going ahead with plans to open several new concept stores across the country, even as restructuring negotiations are ongoing.

THE CANADIAN PRESS

Market moment



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NUMBERS WON'T ADD UP IN NOVA SCOTIA

Urban Compass

STEPHEN KIMBER



And they're off ... to another election in which most of us won't count.

No one will admit it, of course, but take it from me. This won't be an election about ideas. Ideas don't win elections. Can you say carbon tax? Or Kim Campbell? Forget meaningful debate about corporate tax cuts, budget deficits, debt, wars in Afghanistan and Libya, environment, globalization, poverty — except, of course, as those issues nudge numbers.

Like all recent elections in our first-past-the-post system, this one will be all about numbers — a small number of numbers in 50, give or take, of the 308 federal ridings in which one party or

another believes, for one reason or another, it can wrest a particular seat from its rivals.

Start with the standard-issue 40 ridings in which the margin of victory last time was minuscule enough that the losing party hopes a leader-kissed baby here or a strategically timed announcement there will change the outcome. They will count.

But the only ever-shifting-winds-of-change riding in Nova Scotia is West Nova, where the difference between a Tory or Lib-

eral MP is traditionally a few popular-vote percentage points. West Nova voters will matter.

"Forget meaningful debate about corporate tax cuts, budget deficits, debt, wars in Afghanistan and Libya, environment, globalization, poverty — except, of course, as those issues nudge numbers."

Dartmouth-Cole Harbour — where it believes former provincial leader Robert Chisholm can

knock off Liberal Michael Savage.

The Tories thought they had their own star candidate to take down another Liberal — Geoff Regan in Halifax West — but, for some reason, they've stopped talking about that particular "star": Halifax Mayor Peter Kelly.

Conservatives say they're also targeting rural Liberals and New Democrats like Peter Stoffer, who voted for the federal gun registry. But even they aren't dumb enough to think they can actually defeat the popular MP, who gobbled up more than 60 per cent of the votes last time.

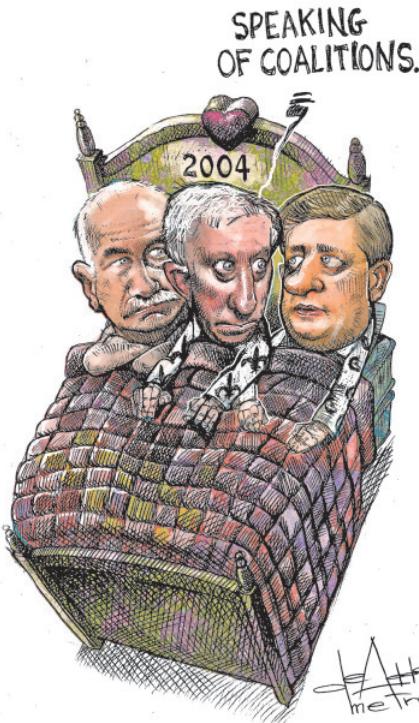
Which means ...

In most Nova Scotia ridings, our numbers don't add up. Our votes won't matter.

We will once again be spectators at our own democracy. Welcome to Election 2011.

Cartoon

MICHAEL DE ADDER



No reason to get rattled

Worth mentioning

Here's some good news in the wake of Japan's disaster: A new study says big earthquakes don't set off other dangerous ones around the globe.

Big quakes do trigger local aftershocks, but researchers found no sign of setting off moderate-sized events beyond about 950 kilometres away.

That won't surprise most experts, said lead study author Tom Parsons. But it's different from his prior research, which did find a global effect for setting off small quakes, said Parsons, of the U.S. Geological Survey in Menlo Park, Calif.

Parsons and Aaron

A world away



Velasco of the University of Texas at El Paso reported the work online yesterday in the journal Nature Geoscience.

They looked at worldwide earthquake records for the 30 years ending in 2009. There were 205 big earthquakes, with magnitude of 7 or more, and 25,222 moderate ones with magnitudes

between 5 and 7.

While the study didn't look at whether big quakes trigger other big quakes far away, the new data suggest they do not, Parsons said. Anyway, since the world averages only about seven quakes at magnitude 7 or above per year, any such effect would have been noticed already, he said. THE ASSOCIATED PRESS

What's the best advice you have received?

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Metro has the right to edit letters and submissions.

Metro Minute with Emerson Drive

The Canadian contemporary country group Emerson Drive is taking the stage in Halifax tomorrow night at the Rebecca Cohn Auditorium. The Grammy Award-nominated group is nearing the end of a cross-Canada tour with several stops in the Maritimes, including tonight in Charlottetown, Wednesday in Moncton and Thurs-

day in Glace Bay.

Emerson Drive's tour is titled Decade of Drive, celebrating 10 years together as a group and last month's release of a greatest-hits record. Tomorrow's show in Halifax begins at 7:30 p.m., with tickets costing \$42.50 each. They are available through the Dalhousie Arts Centre box office. METRO



► Emerson Drive will play the Rebecca Cohn Auditorium tomorrow night.

metro

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Advertising: 902-421-5824 • adinfohalifax@metroneWS.ca
• halifax_distribution@metroneWS.ca

Publisher Greg Lutes, Managing Editor Philip Croucher, Sales Manager Dianne Curran, Distribution Manager April Doucette, Marketing Specialist Mike Beaton

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CONTRIBUTED

► The nation's mightiest musicians touch down in Toronto for the 40th annual Juno Awards
 ► Bieber takes home his first Junos, while Arcade Fire secures the night's biggest prize

Canada shines at the Junos

Arcade Fire won a leading four trophies — including album of the year — while rock legend Neil Young claimed the prize for artist of the year and 17-year-old teen-pop titan Justin Bieber won the first two Juno Awards of his career at a 40th-anniversary bash yesterday that looked to the past as well as the future.

But the news wasn't as good for 24-year-old rapper Drake, who hosted the hometown hullabaloo with energetic panache and entered the weekend with a leading six nominations, but wound up heading home empty-handed.

Arcade Fire — the fiercely independent Montreal rockers whose cerebral or-

chestral rock has helped them build a devoted following — stunned the music world six weeks ago by claiming the award for album of the year at the Grammys.

Unfortunately for millions of his tween devotees watching at home, Bieber — the platinum-selling pint-sized pop crooner from Stratford, Ont. — couldn't appear in person to collect his first two Juno trophies due to a scheduling demand overseas.

His fresh face — ratings gold for CTV, of course — still surfaced several times during the two-and-a-half-hour broadcast, however, as he accepted his awards via video messages.

"I want to thank everybody so much for believing in me," said Bieber, captured onstage in an empty arena.

While Drake might have been disappointed by his award take, he put in a solid appearance as host, showcasing his comedic timing with an admirable performance as the straight man in entertaining skits with CTV news anchor Lloyd Robertson and Bieber. "You, my friend, have the voice of a young rabbi," Drake told Bieber.

The evening's other tro-



► Rap star Drake serves as host of the Juno Awards last night in Toronto.

phy, new artist of the year, went to Halifax's own singer-songwriter Meaghan Smith — and if there was an award for the most gobsmacked winner, she would have taken that, too.

The 40th-anniversary celebration of the Junos —

which began on Feb. 23, 1970, as an informal, non-television dinner gala in Toronto and has evolved into a glitzy broadcast bonanza — promised to celebrate Canadian music's storied past as well as its future.

THE CANADIAN PRESS

Saturday's big wins

Here are some of the key winners at Saturday's Juno Awards gala dinner, where 32 of 40 awards were handed out before last night's television broadcast:

Adult alternative album of the year: Neil Young, *Le Noise*

Alternative album of the year: Arcade Fire, *The Suburbs*

Rock album of the year: Matthew Good, *Vancouver*

Vocal jazz album of the year: Kellylee Evans, *Nina Francophone*

Album of the year: Karkwa, *Les chemins de verre*

Rap recording of the year: Shad, *TSOL*

Dance recording of the year: Deadmau5, *Sofie Needs a Ladder*

THE CANADIAN PRESS



Box office



A wimpy kid has delivered a knockout punch to a band of warrior vixens at the weekend box office.

The family sequel, *Diary of a Wimpy Kid: Rodrick Rules*, debuted as the No. 1 movie, with \$24.4 million, according to studio estimates yesterday. The girl-power action fantasy *Sucker Punch* opened at No. 2, with \$19 million.

The previous weekend's top movie, the sci-fi thriller *Limitless*, slipped to third, with \$15.2 million, raising its total to \$41.3 million.

Released by 20th Century Fox, *Rodrick Rules* did a bit more business than its predecessor, *Diary of a Wimpy Kid*, which opened a year ago, with \$22.1 million. The *Wimpy Kid* movies are based on the children's books by Jeff Kinney about a timid youth trying to cope at school and home.

THE ASSOCIATED PRESS



► Singer Keshia Chante poses on the red carpet.

Rocker makes rare appearance

Neil Young appeared at the Juno Awards for the first time in nearly three decades on Saturday to accept the adult alternative album of the year prize at a dinner gala where the first batch of trophies was handed out.

The 65-year-old Toronto-born rock legend received a standing ovation from the crowd at Toronto's Allstream Centre, where 32 of 40 awards were presented ahead of last night's televised Juno show.

Young — who six weeks ago won his first career Grammy for his music (he had previously won a packaging Grammy) — said

backstage that he last appeared at the Junos for his induction into the Hall of Fame in 1982, and hadn't intended to stay away for so long.

"There was really no

reason why I didn't get on with it," said Young, clad all in black except for a vivid red scarf. "I'm not really an awards kind of guy that much. But it's great to get one. It's a

DARREN CALABRESE/THE CANADIAN PRESS



► Neil Young accepts a Juno for adult alternative album of the year on Saturday night.

great honour.

"I appreciate it. The older I get, the more appreciative I am."

Arcade Fire, Daniel Lanois, Matthew Good, Deadmau5 and country-pop crossover crooner Johnny Reid also nabbed trophies on Saturday.

Arcade Fire took the award for alternative album of the year — the band's third Juno — for their third record, *The Suburbs*. The band stunned the music world last month at the Grammys when it managed to claim that show's top prize — album of the year.

THE CANADIAN PRESS



For more coverage of the Juno Awards, scan this code or visit metronews.ca/scene



► Charlie Sheen

Sheen not a sell-out?

Charlie Sheen's claims that his planned live shows across the U.S. sold out quickly might not be exactly true, as thousands of tickets are still available, according to Popeteer.

"Tickets are available to all of his shows in every price range," a source says. "Everyone, including Charlie, got greedy asking over \$575 for some tickets. They booked way too many dates

at way too many venues, and then Charlie was all over TV giving it away for free."

And sources close to Sheen say the poor sales could mean scrapping the tour all together. "His ego couldn't handle playing to a half-empty house," a source says. "He would rather dump the entire tour than admit he's losing."

• METRO

No breakup blues for Zellweger

Any chance of Renee Zellweger and Bradley Cooper reconciling seems to be fading, as Zellweger was seen moving her things out of Cooper's home last week, according to Hollyscoop. But she wasn't letting the task get her down.

"She seems to be handling the breakup well," a witness says. "She had a big smile on her face and a skip in her step." • METRO

Reese walks the aisle

► Actress weds agent Jim Toth in private ceremony this weekend



ALL PHOTOS GETTY IMAGES

► Reese Witherspoon and Jim Toth's weekend wedding was reportedly attended by the likes of Tobey Maguire, Renee Zellweger and Alyssa Milano.

As predicted, Reese Witherspoon and fiancé Jim Toth tied the knot over the weekend at her Ojai, Calif., ranch, according to Us Weekly.

The small ceremony was reportedly performed in front of 120 guests, including Tobey Maguire, Renee

Zellweger and Alyssa Milano, and Witherspoon's two children with ex-husband Ryan Phillippe were part of the ceremony.

The pair were engaged in December when Toth bought Witherspoon a \$250,000 engagement ring. • METRO

Celebrity tweets



Sarah Silverman
[@SarahSilverman] Your middle-aged pierced ear tells a different story than you think.



Frankie Muniz
[@frankiemuniz] Went golfing... need more practice. PGA Tour here I come... • METRO

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TO ENTER



Memoir of a bully

► An online video of one teenager attacking another has sparked outrage
► But it's not shocking if you remember what life was like as a teen

SAM D'AMATO
LIFE@METRONEWS.CA

The video is shot on a cell phone in an outdoor school hallway.

In it, a scrawny teenager approaches a fat kid, and punches him in the face. The fat kid doesn't move — he just stands there. Then he's punched again. "Wow," says the giggly teen who's filming. "This is getting sad, bro."

A second later, the fat kid dives after the little one, picks him up, body slams him onto the concrete — wham! — and walks away. The little kid tries to stand. He limps as if he has brain damage. He falls down. The teen who's filming laughs again — this time from fear.

Asked later, the "fat kid," Casey Heynes, an

"After smiling at me for weeks, she sent me a love note. I never replied. Instead... I bought a canister of SlimFast, the weight-loss powder... I gift-wrapped it."

Australian 10th-grader says he "snapped" and has been bullied all his life. (The 7th grader, Ritchard Gale, walked away with only a scratched knee.) Casey has had suicidal thoughts.

His father said he didn't realize things had been that bad.

Kids, full of hormones, are bound to fight. But perhaps if parents shared more about their own childhood experience, teens would understand their feelings better. I'll start.

As a young teenager, I was an extremely shy person of below-average

height, with glasses, neither popular nor the school nerd (although being in the all boy's chorus didn't help my social status). I had anger over my parents' divorce, but otherwise was even-tempered, kind and dutiful in school. An A- student. A teacher's pet.

Someone in the all-girls' chorus liked me. Elise was nice but six inches taller, 50 pounds overweight and had bad skin. After smiling my way for weeks, she sent me a love note.

I never replied. Instead, with the urging of a buddy, I bought a canister of SlimFast, the weight-loss pow-

der. I gift-wrapped it. And with the note "From Sam," I had it delivered via one of her girlfriends. Standing 30 feet away, in an outdoor school hallway, I watched as she opened it.

Her friends reacted first, gasping and looking for someone to kill. But her? She smiled my way. It was a weak smile. I looked down. I never apologized. We never spoke again.

I had punched Elise in the face. And although no one had a cell phone camera to capture it, I'll never forget her look. In that instant, I saw the "fat kid" for what she was: a person. *P.S. I got my comeuppance: Three years later, a school bully punched me in the face because I didn't love heavy metal music enough. He then ran away in shock when he saw my bloody nose. Don't you miss being a teen?*

HUSBAND'S DAY OFF



THREE MOMS ON ...

... LETTING DAD HANG OUT WITH HIS FRIENDS. DO THEY LET THEIR HUSBANDS GET AWAY HOW OFTEN?

THE HIPPIE MOM

Lili Meier

Owner, with husband, of My Little Green Shop, which sells organic and sustainable baby products online

Has a son, Sebastian, 25 months, and a daughter, Savara, 9 months

Everyone needs to chill — especially parents! I'm totally supportive of hubby going out with his friends or pursuing an interest. The happier individuals are with themselves, the better parents they'll be. If people feel "stuck" at home, resentment can develop. Once a week or every two weeks is cool.

THE HIGH-POWERED WORKING MOM

Avis Jones-DeWeever

Executive Director, National Council of Negro Women
Mother of two boys, Aidan, 7, and Guy, 14

As someone who is now happily divorced, I will admit that my ex-husband's frequent and late night socializing presented a serious detriment to our marriage. I'm not one of those who believes that marriage marks the end to individuality. But finding "fun" time for friends and not for one's spouse is a recipe for disaster.

THE STAY-AT-HOME MOM

Samantha Mellen

Two boys: Lucas, 2, and Joshua, 4 months

My husband is busy with work, school and family. But personal time for him is very important. Occasionally, after the kids are in bed, my husband likes to get a beer with his buddies. I actually wish he could get out more with his friends, but there never seems to be enough hours in the day!

3 life

Allergies



4%

• Four per cent of first-born children have allergies, as opposed to three and a half per cent of second-borns and 2.6 per cent of third-borns, according to the pediatrics department at Shiga Medical Center for Children in Kyoto University, Japan.

Researchers say the mothers develop more anti-bodies in the womb during each pregnancy.

METRO WORLD NEWS



Is Gandhi in hell? Pastor challenges familiar notions about Christian eternity.

Eggplant, zucchini & plum tomatoes — oh my!

► This Mixed Vegetable Fusilli allows for many ingredient variations

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA



This simple Mixed Vegetable Fusilli dish was my primo piatto, or first course, while in Sorrento, Italy (a beautiful town where you can look across the bay and see the island of Capri).

Small portions are perfect for a first course but the dish has enough vegetables to satisfy your family as an entrée.

Preparation:

1 Slice eggplant into thin slices; stack and cut into matchstick size pieces.



► This recipe makes four servings.

Cut zucchini into matchstick-size pieces.

2 In a large non-stick skillet, heat oil over medium-high heat. Add eggplant and cook, stirring, for about 6 minutes or until beginning to turn golden. Add stock and bring to a boil. Add zucchini, tomatoes and garlic; cook, stirring, for about

10 minutes or until zucchini and eggplant are tender but firm and sauce is slightly thickened. Add salt and pepper.

3 Meanwhile, in large pot of boiling salted water, cook fusilli for about 10 minutes or until tender but firm. Drain and return to the pot. Add sauce and cheese; toss

to coat.

Variation: Try using carrots, broccoli, cherry tomatoes or other favourite vegetables to make up your own vegetable creation.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE ON EMILY, VISIT EMILYRICHARDSCOOK.CA

Ingredients:

- 1 small eggplant (about 8 oz/250 g)
- 2 small zucchini (about 12 oz/375 g total)
- 2 tbsp (25 mL) extra virgin olive oil

- 1 cup (250 mL) vegetable stock
- 4 plum tomatoes, chopped
- 2 cloves garlic, minced
- 1/4 tsp (1 mL) each salt

- and freshly ground black pepper
- 1 box (375 g) whole wheat fusilli pasta
- 1/4 cup (50 mL) freshly grated Parmigiano-Reggiano cheese

and set aside.

2 Return skillet to medium heat and add oil.

Cook sausage, breaking up with spoon for

about 6 minutes or until no longer pink inside. Add rapini, garlic, hot pepper flakes and salt. Cook for 5 minutes or until beginning to turn golden.

Poenta is the Italian name given to cornmeal when it is cooked as a soft, almost porridge-like, dish.

The cornmeal is cooked to become smooth and thick then topped with garlic, rapini and sausage, which makes it an easy dinner for any evening.

As comforting as mashed potatoes, polenta fills you with warmth and nutrition.

Preparation:

1 In a non-stick skillet bring water to boil. Add rapini, cover and steam for 7 minutes, stirring occasionally or until tender. Drain well

3 **Polenta:** In large saucepan, bring stock to boil and gradually whisk in cornmeal.

Bring to a gentle simmer, stirring frequently for about 12 minutes or until polenta mounds on spoon. Stir in water to loosen slightly and stir in cheese and parsley until melted.

4 Spoon polenta into shallow soup bowls and top with rapini and sausage mixture.

● EMILY RICHARDS

- pepper flakes
- 1/4 tsp (1 mL) salt
- Polenta**
- 4 cups (1 L) low sodium chicken stock
- 1 cup (250 mL) cornmeal
- 1/2 cup (125 mL) water
- 1/3 cup (75 mL) freshly grated Parmesan cheese
- 2 tbsp (25 mL) chopped fresh Italian parsley

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Trash into treasures



► As Earth's resources become scarcer, people turning towards upcycling
► It's turning old junk into something more valuable and imaginative

An elegant aquarium made from an old computer monitor. Handbags made from old tires and soda cans. Forget recycling, "upcycling" — turning trash into more valuable treasures — is the hot new trend.

Mike Haines, who works for the British environmental group ClientEarth, has reinvented garbage for years.

"Recycling is good, but it uses a lot of energy," he ex-

plains. "Using something in the form it already exists in is much better for the environment."

Haines dyes and restyles old T-shirts, and has a box full of items waiting for a new life.

Now Haines is trendy.

"A lot of people upcycle without knowing it," says Debjit Chaudhuri, founder of the green networking website Elpis.com. "Using old boxes as CD racks is very common. But now

people are really discovering upcycling and getting creative about it."

When Elpis, a Germany-based website, announced an upcycling competition earlier this year and contributions arrived from around the world. Among the highlights pictured above: a lightbulb turned into a charming oil lamp, a lounge chair made from old skis, and an old rowboat turned into a gigantic flowerpot.

"On our discussion boards, people discuss how to commercialize their upcycled products, too," Chaudhuri says. "A few years ago, upcycling as a business idea would simply have been dismissed. But now resources are becoming scarce, and people are paying attention."

That's why there are already companies like Worn Again, which sells designer goods made from old clothes. □ CÉLIA PEDROSO

reused. Their high deposit fee — about a dollar — also increases the likelihood that they will make it back to the store. Put simply, reuse comes before

recycle, making glass the top choice. Torn between plastic and paper? Consider this: if you go through a lot of milk, choose one four-litre plastic jug to buying two two-litre paper cartons — reduce is the first "R" after all. And be sure to keep both plastic and paper milk containers out of the landfill. Always recycle.



David
Suzuki
Foundation

Queen of Green

LINDSAY COULTER
GREEN@METRONEWS.CA



THE HEAVY PRICE OF BUYING MILK

What is better to buy: milk in waxed cartons or plastic jugs? Kevin of Calgary

Possibly none of the above. Walk the dairy aisle of your grocery store and you'll see milk packaged in waxed cartons, plastic jugs and glass bottles. To help you choose the most environmentally friendly option, we delve into the packaging. And wouldn't you know that for Albertans, milk packaging makes up one of the largest beverage-container waste streams in the province?

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Community Spirit Award Winners Announced

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SPIRIT
AWARD



The Honourable Mayann E. Francis, Lieutenant Governor of Nova Scotia, is pleased to announce the recipients of the 2011 Lieutenant Governor's Community Spirit Award.

Congratulations to Berwick & Surrounding Communities; East River Valley, Pictou County; St. Ann's Bay/North Shore, Cape Breton; and Woodville, Kings County.

They were selected from 10 nominations, all of which showed a high degree of community collaboration and strength.

Her Honour will present the winning communities their awards at separate celebrations to be held later this year in their home communities.

For more details go to www.communityspiritaward.ca



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CANCER IS A BATTLE THAT CAN BE WON IF WE DON'T GIVE UP

Turning Point

TERESA KRUZE

LIFE@METRONEWS.CA



The doctor walked into her room and stared at the floor. "You have three months to live and we doubt you'll see the New Year."

Sherry Abbott was only 30 years old and in the days that followed her shock gave way to a steely resolve as she told the doctors, "How dare you

give up on me when I haven't given up on myself?"

Abbott endured six months of chemo, radiation and numerous surgeries and defied the doctor's grim prognosis. Now, 21 years later, she continues to inspire and empower other people who have been told they have cancer.

"I feel like I have been given my calling," Abbott says from behind the desk of her office at Look Good Feel Better, a program designed to support and help women during the tough days of cancer recovery.

We face so many turning points in our lives and career but never doubt the resilience of the human spirit.

April is Cancer Awareness Month. Support cancer research and force a

What can you do?

- ▶ Join the "I Fight Cancer" movement at fightback.ca.
- ▶ Check out online support at facingcancer.ca.
- ▶ Take part in daffodil month activities in your community.
- ▶ Wear the new daffodil pin to show support for those living with cancer.

turning point for a cure and prevention for the disease that will claim the lives of one in four Canadians.

Sherry Abbott, the Executive Director of the Canadian Cosmetic, Toiletry and Fragrance Association, and a 21-year cancer survivor, is living proof that cancer can be beaten.



► Sherry Abbott is the Executive Director of the Canadian Cosmetic, Toiletry and Fragrance Association, and a 21-year cancer survivor. April is Cancer Awareness Month.

SHOW OFF YOUR CREATIVE TALENTS!

Test your skills and compete in the Nova Scotia Skills Competition!

Photography (studio or outdoor), painting, poster design, and cake decorating are competition areas open specifically for persons with disabilities.

Sign up before April 1st. Register online at:

skillsns.ednet.ns.ca/competitions

Contact Robin for more information on how to be involved:
robinL@skillscanada.com (902)424-3022 or (902) 222-0140.

Open to all persons with disabilities - ages 16+

Gold medalists will go on to form the first ever Canadian Team to travel to the International Abilympics in Seoul, South Korea this September.

what? where? when?

Cake Decorating - NSCC Akerley Campus, April 27
Painting - NSCC Waterfront Campus, April 8
Photography (Outdoor) - NSCC Waterfront Campus, April 8
Photography (Studio) - NSCC Waterfront Campus, April 8
Poster Design - NSCC Waterfront Campus, April 8



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14th annual nova scotia skills competition

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Office betting pools on the rise: Survey

MONICA WEYMOUTH
WORK@METRONEWS.CA
METRO WORLD NEWS

It probably won't surprise many cubicle-dwellers this time of year, but the number of employees who report betting in the workplace is on the rise. According to a survey by Vault.com in the United States, 71.5 per cent of those surveyed took part in office betting pools, while 82 per cent reported that their co-workers participated.

It's a substantial increase from 2008, when only 58 per cent admitted to betting. And while 47 per cent of workers didn't know their companies' policies, employers probably shouldn't scramble to amend them. "If it's done in moderation, it can be seen as something that is fun and harmless to the overall office," says Jason Levin, Vault.com's resident career expert. "The cost of this fun is not expensive, and 40 per cent won under \$200."

Even though the prize may be modest, Levin points out that it can go a long way if you're a boss.



► Betting pools are work can be fun, but it's best done in moderation.

March Madness

► **Basketball.** Though the Super Bowl was the most popular office betting event in 2008 (51 per cent of workers reported their offices

betting on the game versus 48 per cent for March Madness), basketball is bouncing back in 2011: 65 per cent reported office brackets, while 58 per cent saw Super Bowl bets this year.

"This is a really great team-building opportunity," he says. "If you're a manager and use the money to take your team out to lunch, it's a great opportunity to show how you care about your team."

How to pick a summer camp

► Picking the right place for your kids to spend their summer takes finesse ► Try our quick quiz to help

Is your kid a computer geek, a prima ballerina or a lean, mean martial artist fiend?

How you answer the following questions in this fun and hopefully helpful quiz will determine the type of camp your child should attend this summer. Though summer camps are generally categorized as traditional and specialty, we've taken a few liberties and broken it down a little further to help you decide the best type for your little camper.

So for each of the following questions, pick the answer that best suits your child. Consider doing the quiz together. See the end for your answers. Here goes:

1. When bedtime is announced, your child usually

- A. Offers a vaguely mournful look but heads to bed in a fairly timely fashion
- B. Does the same while stopping first to hang precariously from the second-floor stair banister
- C. Reads several chapters before bed always
- D. Can't sleep without listening to music
- E. Must check the computer before nodding off

2. At the dinner table, your child customarily

- A. Eats most of what's on the plate, leaving the odd veggie
- B. Shovels in the yummy proteins and carbs. You later find veggies in the cat dish
- C. Eats everything methodically in the cold, hard knowledge that it's good for you
- D. Often plays with food, builds forests out of broccoli and spells their name



► There's a summer camp to suit every taste. Take the quiz to see which one suits your camper.

with peas

- E. Questions what cooking temperature you used for the meat loaf

D. Inspired

- E. Experimental

5. What is your child's approach to homework?

- A. Gets it done most nights
- B. Rushes through it when reminded to do it
- C. Relishes it
- D. Doodles on it
- E. Questions the need for homework

6. If your child could have any celebrity at his or her birthday party, who would it be?

- A. Taylor Swift
- B. Sidney Crosby
- C. Barack Obama
- D. Katy Perry
- E. Mark Zuckerberg

Score your camp quiz: Where to send your little ones

If you answered mostly A's:

Your child belongs at a traditional camp, the kind that incorporates canoeing and campfires with archery and arts and crafts. It will be the perfect place for them to enjoy the total camp experience.

If you answered mostly B's:

Your kid gets his or her thrills in sports or adventure camp.

Let them learn all about lacrosse, sailing or paintball. Or consider the adrenalin rush of a rock climbing or wilderness survival camp.

If you answered mostly D's:

Your kid belongs in an arts camp. Let your child develop a deeper appreciation of drama, dance and music as they soak up the visual and performing arts this summer.

►

If you answered mostly C's:
You should enroll your kid in academic or vocational camp.

Knowledge-starved children can hit the books this summer polishing up on their math proficiency or boning up on their debating skills.

If you answered mostly E's:
You've got a kid who's into science or computer camp.

Exploration and discovery go hand in hand with these camps that focus on technology, space, physics, zoology and much more.

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18

metro

metronews.ca
MONDAY, MARCH 28, 2011

Camp builds character

- ▶ Camp gives more than memories and mosquito bites
- ▶ It also creates skills and talents that last a lifetime

ALLISON LAWLOR
LIFE@METRONEWS.CA

It's hard to keep kids indoors and sitting for long at overnight summer camp. Away from the comforts of home and the distractions of computers, iPods and television, camp is the perfect place for kids not only to get fit and have fun, but learn new skills, build self confidence and make lasting friendships, experts agree.

"Camp combines laughter and learning," says Michael LeDuc, director of Nova Scotia's Big Cove YMCA Camp. "It's a place where kids can accept new challenges and have fun while doing it."

The world outside

Whether it's canoeing for the first time, learning wilderness survival skills or mastering a zip-line, summer camp allows kids to step out of their comfort zones to take healthy



► Building memories around a campfire.

risks in a safe, nurturing environment. Unlike theme parks or video games, kids can have real-life adventures in nature.

"Showing children their connection to nature is a very important part of their growth," says LeDuc.

Research shows that being in natural settings helps kids focus and alleviate the stress of busy city life.

Not only does camp allow them to slow down, but it fosters a respect for the environment.

Campers are taught to tread lightly on the earth, by reducing and recycling and learning that peeling bark off trees or breaking branches is not respectful.

Teamwork is key

Kids also learn valuable lessons on how to get along with others and work as a team.

Whether it's sharing cabin cleanup, setting the table at mealtime or supporting one another on a high-ropes course, overnight camp is a place where you have to work together.

"They learn how to live

with different personalities and children from different backgrounds," says LeDuc.

Lifelong friendships

By branching out from their regular circle of friends, children also interact and build friendships with people of all ages.

Camp counsellors are young adults who are different from the other adult figures in their lives. "It's all about kids teaching kids. It runs on youthful energy," says LeDuc.

Building leadership

Given responsibilities they may not have at home, kids become more self-reliant and learn valuable leadership skills.

"It's not a resort. They don't get to do whatever they want when they want. They have responsibilities," says LeDuc. They also discover they can exist away from home and mom and dad taking care of their every need.

"Summer camp is a place where magic happens," says LeDuc. "Children come home stronger in mind, body and spirit."

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Hello mother, hello father ...

► Encourage first-time campers ► Nerves are normal for kids and parents ► After the first night, it gets easier



ALLISON LAWLOR
LIFE@METRONEWS.CA

Every summer parents eagerly send their kids off to experience the great outdoors. Sleeping in a tent or cabin, roasting marshmallows, and swimming and canoeing are all part of the adventure of overnight camp.

But even when a child is ready to pack up and experience this almost sacred Canadian rite of passage, living away from mom and dad for the first time can still seem frightening. The best way parents can help

their child get the most out of camp, is to be positive, says Michael LeDuc, director of Nova Scotia's Big Cove YMCA Camp. "One of the biggest hurdles is often the parents. They are hesitant to let go of their children."

It's normal to be anxious, but conveying these worries only makes a child reluctant. Instead, parents should be cheerleaders and point out the positives. "If your child loves swimming, remind them that at camp you get to go swimming every day," says LeDuc.

Never promise a child they can come home if homesick, says Duncan Robertson, director of Ontario's Onondaga Camp. "You're planting the seed of doubt in their mind." At most camps, staff check in with parents of new campers within the first 48 hours. Camps don't encourage phone calls between campers and parents, but they do old-fashioned letter writing.

Having the first-time camper talk to an older kid or a family member who has been to overnight camp can reassure them that camp is fun, with hardly a moment to miss home. Parents can also take their child to an information night or open house. At Big Cove, new campers can visit in the spring or early summer to participate in activities. Looking at pictures on the camp's website and going through a typical day can help a child mentally prepare, says LeDuc.

What to take

- Several sets of clothing, including a warm sweater, rain suit, two bathing suits, and two pairs of running shoes for when things get wet
- Laundry bag
- Bedding, including sleeping bag, fitted sheet,
- pillow
- Mosquito repellent and sunscreen
- Durable water bottle
- Flashlight
- Government-approved life jacket with a whistle
- Disposable camera
- Books, board games, writing paper, pens, stamped and addressed envelopes
- Toiletries



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4 sports

More sports



It appears Mathieu Corbeil will be serving as the Saint John Sea Dogs' backup goaltender during the QMJHL playoffs. Corbeil, who the Mooseheads traded to the nationally top-ranked squad in January, was on the bench for the Sea Dogs' 10-0 and 7-1 wins over the Cape Breton Screaming Eagles on the weekend. Jacob Deserves stopped 33 of 34 shots in a dominating team display.

Hometown. Heroics



► The University of New Brunswick Varsity Reds men's hockey team celebrates after winning the 2011 CIS ice hockey championship game against the McGill University Redmen yesterday in Fredericton, N.B.

THE CANADIAN PRESS

V-Reds win University Cup in front of home crowd in Fredericton

Luke Gallant had a goal and two assists as the No. 1 University of New Brunswick Varsity Reds shut out the No. 2 McGill Redmen 4-0 to capture the Canadian Interuniversity Sport men's hockey title. Daine Todd had a pair of goals and Matt Fillier also scored as UNB won its fourth Cavendish Cup title. The win marks UNB's fourth championship since 1998, and the third under head coach Gardiner MacDougall.

Herd regroups after Montreal collapse

- Mooseheads preparing to play first home playoff game in almost three years tomorrow
- Discipline badly needed as Herd returns to Metro Centre for Games 3 and 4



MATTHEW
WUEST
@METRONEWS.CA

The Halifax Mooseheads are looking to regain their composure as they return home after a meltdown in Montreal.

The Mooseheads, heavy underdogs in the QMJHL first round, completely fell apart in a 6-0 drubbing at the hands of the Montreal Juniors on Friday night.

and now trail the best-of-seven series 2-0.

The game could have been much closer. But after going down 3-0 when they allowed a shorthanded goal at the 6:24 mark of the third period, the Mooseheads proceeded to take nine minor penalties in the final 10:35 and the Juniors scored three power-play goals for a blowout.

Head coach Bobby Smith described it as a

"penalty-fest" and said it was an "embarrassment" to watch his team "implode."

"There was a complete lack of composure," Smith said after the game. "You leave the rink with a terribly disappointed feeling instead of a feeling we're right on the cusp of beating these guys, which we were."

Smith said that "for 45 minutes, it was the best

hockey we've played against Montreal all year."

With Games 3, 4 and (if necessary) 5 at the Metro Centre tomorrow, Wednesday and Friday, the Mooseheads need to win at least twice to send the series back to Montreal.

The plan is to stick with what was working through 40 minutes last Friday.

"You have to get ready to play the game on Tues-

day," Smith said. "For over 40 minutes, there were a ton of positives. They (the Juniors) did not look like the fourth-best team in the country (in Game 2) because we played extremely well."

.....
For more Mooseheads coverage, visit metronews.ca/files or follow @metrofiles on Twitter.

Juniors trying to stay away from rough stuff

If the Halifax Mooseheads want to get rough after whistles, the Montreal Juniors don't have a problem with it.

The Juniors, who lead the best-of-seven first round 2-0, turned the other cheek as the Mooseheads lost their cool Friday and scored three power-play goals in the final

four minutes to win 6-0.

"We want to be tough between whistles, not after whistles, and we got caught being emotional in the first game," said Juniors head coach Pascal Vincent. "In the second game it didn't happen, and that's where we improved and it's not going to happen again."

Montreal's power play operated at 23 per cent all season and went 4-for-6 in Game 2.

"If they want to be undisciplined after the whistles, hopefully the referees will do their job and call it and we'll try to take advantage of that," Vincent said.

● MATTHEW WUEST

PREMIER BASKETBALL LEAGUE

Playoff spot is Rainmen's to lose

The Halifax Rainmen need just one more win to clinch a PBL playoff spot.

The Rainmen, who beat the Dayton Air Strikers 147-132 on Friday

night in Halifax, have a 9-9 record, a game ahead of the Saint John Mill Rats, 8-10, for the fourth and final post-season berth.

The two teams meet in a pair of matchups this week, tomorrow in New Brunswick and Thursday at the Metro Centre, to close out the season.

The Mill Rats, who lost 96-87 to the Lawton-Fort Sill Cavalry yesterday, must win both games to edge out the Rainmen for the final playoff spot.

● METRO



Holland comes up short

► Norberg wins third career world title ► 'We battled really hard ... and just didn't cap it off': Canadian skip

Olympic champion Anette Norberg of Sweden stole two points in the final end yesterday to edge Amber Holland's Canadian team 7-5 at the world women's curling championship.

The Regina skip had the hammer in the 10th end but her final shot didn't quite make it to the button.

"We're disappointed," said Holland. "We played a pretty good game. We weren't as sharp off the start as we wanted to be and didn't play the 10th end very well."

"We felt like we were in control — even after the ninth we were in control,



"Silver may not be the colour that we wanted, but it's still pretty good."

CANADIAN SKIP AMBER HOLLAND

you've just got to execute in the 10th."

Until the last rock, Canada had carved out a game that made it favourites for the title. They played aggressive and forced Sweden to draw for one point in the ninth to tie it 5-5.

That left Canada with last stone advantage in the final end, but the tide started to turn when second Tammy Schneider completely missed an attempted take-out and third Heather Kallenbach came up short with a guard.

Holland's draw on her last rock was a little short after getting around a front guard.

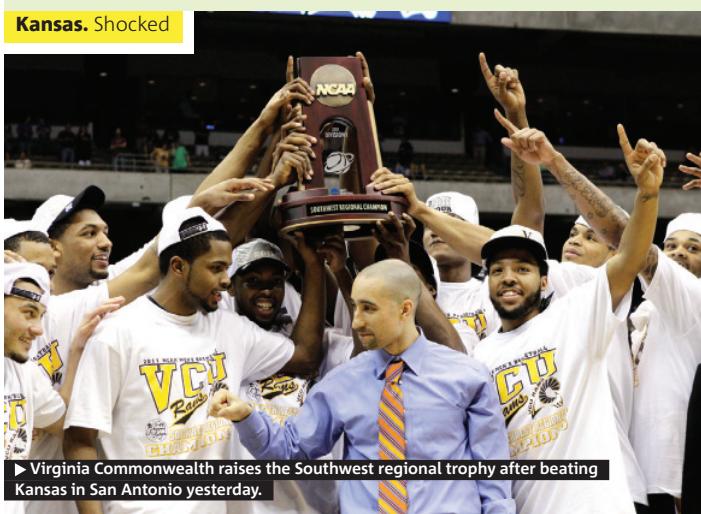
The team got off to a slow start at the tournament by going 1-3 over its first four games. But it finished the round robin strong and won three straight playoff games to reach the final.

THE CANADIAN PRESS



► Sweden's Anette Norberg, Sara Carlsson and Lotta Lennartsson and Canada's Kim Schneider and Amber Holland at the 2011 world women's curling championship in Esbjerg, Denmark.

Kansas. Shocked



► Virginia Commonwealth raises the Southwest regional trophy after beating Kansas in San Antonio yesterday.

THE ASSOCIATED PRESS

Underdog Rams Final Four bound

Virginia Commonwealth is crashing the Final Four. The 11th-seeded Rams are heading to Houston and final No. 1 seed Kansas is heading home after a spectacular collapse.

The Rams beat the Jayhawks 71-61 to become just the third 11th seed to ever make the Final Four in NCAA men's basketball.

The Rams needed five wins to go from First Four to Final Four. Along the way, they toppled teams from the Pac-10, Big East, Big 10, ACC and now the Big 12. The Kentucky Wildcats beat North Carolina 76-69 in the East Regional final yesterday.

Crosby back on ice, but return date still not set

Sidney Crosby skated again yesterday with a handful of teammates.

The Pittsburgh Penguins captain spent about 45 minutes on the ice at Consol Energy Center, according to the team's website. Crosby is still working his way back from a concussion and hasn't been cleared to participate in

full practices yet.

"That conversation has not been broached and I don't have expectations for it right now," Penguins coach Dan Bylsma told reporters before a 2-1 shootout win over Florida.

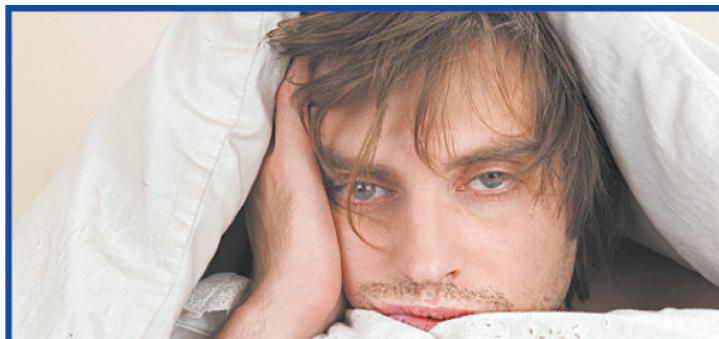
Bylsma said "there's been no expectations" about when Crosby will return to the Penguins lineup.

THE CANADIAN PRESS

that he's going through."

Crosby last played on Jan. 5, when he was hit hard into the boards by Tampa Bay Lightning defenceman Victor Hedman.

Bylsma said "there's been no expectations" about when Crosby will return to the Penguins lineup.



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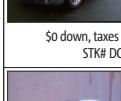
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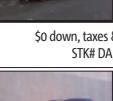
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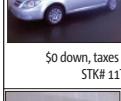
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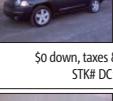
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REAL ESTATE

Houses For Sale



3 year old Halifax home was custom designed with many upgrades such as hardwood floors, custom cabinetry with Corian countertops, center island, open concept kitchen. Formal dining room as well, but could be den/office. Finished basement with walkout; rec room, office area, play room, storage and bath. The 2nd floor has 3 bedrooms, the master has an ensuite with jacuzzi tub and walk in closet. Lot is fully landscaped and has cemented driveway. Close to schools and shopping. Contact Tamara at (902) 497-7858; or email: tamara@whitestone-developments.ca

MERCHANDISE

Merchandise for Sale

ROLEX FOR SALE:

Ladies two tone gold and titanium Rolex. Waterproof. Only 3 years old. Purchased for \$6500 selling for **\$3500.** Call 440 8497

PETS

Dogs

Cavalier King Charles Spaniel Pups - 1 Tri-male - 6 months, 2 Blenheim - 1 male/ 1 female - 4 months, and 2 female Ruby's, born Nov.15/10. Call for more info 902-765-0885

Hi my name is Nine! I am an all Black American Pit Bull Terrier. I am looking to stud. I am healthy and well mannered! Please call my person Bianca at 902-483-9859

I'm Charlie a Stud Pug. I have been checked, now looking for a girlfriend. I'm purebred, all black in color. If interested for a date please call 902-461-9129

Other



Looking for Male Hedgehog

My lady Hedgehog Ruby is looking for a boyfriend if you have a male Hedgehog who would like to spend time with her please Email: nubwantsbabies@gmail.com

PERSONALS

Personals

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ANNOUNCEMENTS

Community Events

BLUENOSE CAT CLUB

42nd Annual Championship & Household Pet Cat Show will be held at the Dartmouth Sportsplex

Sat. Apr. 9th 9a.m. to 4:30p.m.

Entry closing date – March 30th

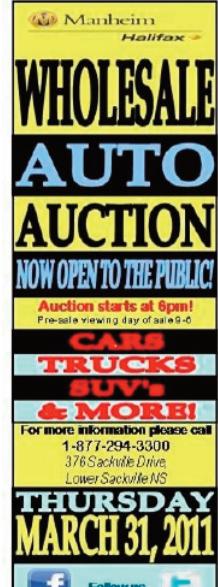
For information: nkerr@hfxc.ca



Happy 12th
Birthday Josh!!!!
Hope you have a
good one!

Love Aunt Suzy
xoxo

Community Events



Community Events

Does your parrot
talk too much?

Place your ad in Metro classifieds
metroclassifieds.ca | 1 800 527-6767



Crossword

Across

1 Puncturing tool
 4 Hooter
 7 Vatican VIP
 11 Bloke
 13 - Beta Kappa
 14 Acknowledge
 15 Head's opposite
 16 Up to, briefly
 17 - of Good
 Hope
 18 Backpack part
 20 Stare stupidly
 22 Sweet potato
 24 Pizza need
 28 Olympic spear
 32 "Strange as it seems,..."
 33 On the rocks
 34 Slight touch
 36 Chills and fever
 37 Mercenary
 39 First AFL president, Samuel
 41 Purim heroine
 43 Thee
 44 Mormon state
 46 Vestibule
 50 - the Terrible
 53 Bowling target
 55 - En-lai
 56 Platner
 57 Anger
 58 Island dance
 59 Egyptian cross
 60 Morning moisture
 61 See 3-Down

Down

1 Performances
 2 "Eh?"
 3 Bear's hideaway
 4 Choose, with



Today's horoscope

Aries March 21-April 20 If someone lets you down today it will take all your powers of self-control not to get annoyed, or at least not to let it show. Smile and pretend it's no big deal.

Taurus April 21-May 21 Do you push ahead with something you know is going to need a lot of time, a lot of work and a lot of patience, or do you sit back and take things easy? Only you can decide but that decision must be made now.

Gemini May 22-June 21 Your choice today is clear: either you forgive and forget or you see to it that someone suffers for what they have done to you. Is it really worth starting a war over? Probably not.

Cancer June 22-July 22 Just because someone occupies a position of power does not mean you have to agree with what they say. At some stage today you will get the chance to speak up and you must not waste it. Be brave.

Leo July 23-Aug. 23 You have made no end of sacrifices for the people you love and asked for little in return. Now you must do something for yourself. Take the time you need to get your thoughts together.

Virgo Aug. 24-Sept. 22 You might like to pretend that you don't really care what someone is saying about you but deep down you do. Do you take their criticism to heart? No you do not.

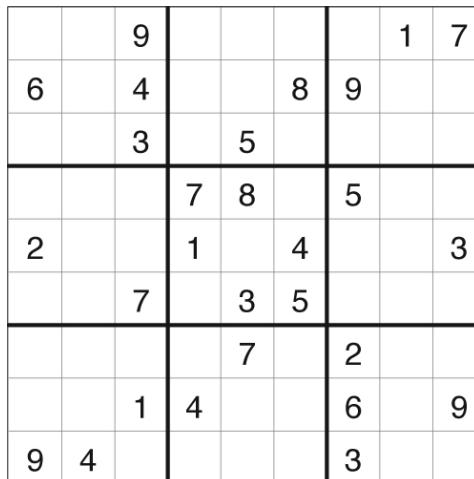
For today's crossword answers and for expanded horoscopes, go to metronews.ca

Libra Sept. 23-Oct. 23 If self-belief really is half the battle then you are one of life's winners. You certainly don't lack for confidence but you might need a little more common sense today if you are to make the most of your chances.

Scorpio Oct. 24-Nov. 22 There is no point planning too far ahead at the moment. Focus on tying up loose ends and making sure there is nothing that can hold you back or trip you up.

Sagittarius Nov. 23-Dec. 21 Channel your energy into areas where you can have a positive effect on those around you. Negative emotions can be allowed no place in your life. **SALLY BROMPTON**

Sudoku



► Yesterday's answer

A	M	O	N	G	O	E	R	M	A	G
W	E	B	E	R	R	Y	E	I	C	E
E	N	V	O	I	D	E	V	A	T	E
I	N	D	E	E	D	N	O	E	S	E
A	H	A	S	L	A	E	L	U	D	E
P	U	T	T	A	L	T	A	I	E	E
T	H	E	I	S	T	A	R	N	E	S
M	O	T	H	S	S	T	E	M	E	X
A	M	I	R	S	C	P	A	P	O	P
R	A	D	I	A	T	E	B	O	R	D
C	H	A	Y	E	S	E	T	E	E	S
H	A	L	E	M	S	R	E	E	D	S

Yesterday's answer ►

Today



0°/-3°
Variable

Tuesday



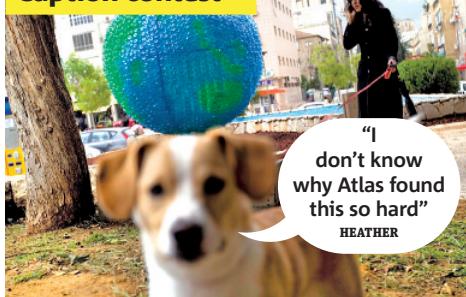
4°/-2°
Variable

IT'S LIKE HAVING A METEOROLOGIST LIVING IN YOUR POCKET.
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ARIEL SCHALIT/THE ASSOCIATED PRESS

Caption contest



"I don't know why Atlas found this so hard"
HEATHER

You write it!

WIN! Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



You'll this.



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Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

My guni gugu, the love of my life. Thank you for loving me and thank you for making me a part of your life. You mean the world to me. Love you forever, **BABA**

Baby, I love you with all I have. You are the only guy for me and I know we will be together forever. You are everything I could ever need and want. You are the love of my life. Boogies Forever! Love **SARAH**

Bubybear, I lalalalove u so hard!!! You be the man of my dreams!!! years&counting<3 M+A+12 nights of JA=love4ever!! I can't wait babe! Xoxoxo love your **GX-OXOXO**

EJ, Happy 24th Birthday! I hope your year is filled of sexy times, super slices, model of moments and tummy aching laughs. Love you to the moon and back <3 **JL**

SMART IN MORE WAYS THAN ONE

SALE ENDS MARCH 31ST



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*DAC + Freight, pdt, taxes and fees. See showroom for details.



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